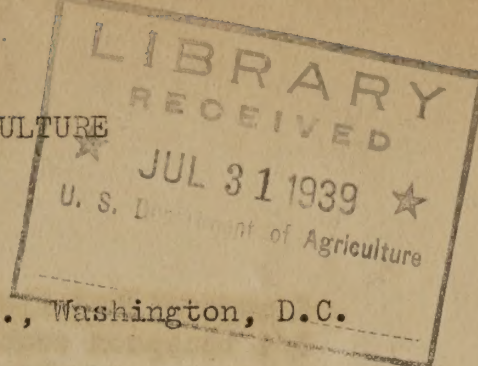


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UNITED STATES DEPARTMENT OF AGRICULTURE
U.S. FARM SECURITY ADMINISTRATION

SORGHUM RECIPES

(Prepared by Bureau of Home Economics, U.S.D.A., Washington, D.C.)



Muffins

2 cups sifted flour	2 tablespoons sorghum
3 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	4 tablespoons fat, melted
1 egg, beaten	

Sift the dry ingredients together. Mix the beaten egg with the sorghum, add the milk and melted fat and add to the dry ingredients all at once. Stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven (400°-425°F.) for about 20 minutes.

Boston Brown Bread

1-1/2 cups corn meal	1/4 teaspoon soda
1 cup whole wheat flour	3/4 cup sorghum
1 teaspoon salt	2 cups sweet milk
4 teaspoons baking powder	

Mix the dry ingredients and add the milk and molasses. Beat the mixture thoroughly and pour into greased molds until they are about three-fourth full. Cover loosely to keep out the moisture, and steam for 3-1/2 hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.

Two cups of sour milk and 1-1/4 teaspoons of soda may replace the sweetmilk and soda in the recipe.

Drop Cookies

1/2 cup fat	1/2 teaspoon salt
1 cup sorghum	1/2 teaspoon soda
1 egg, beaten	1 tablespoon milk
2 cups sifted flour	1 teaspoon vanilla
1 teaspoon baking powder	

Cream the fat, add the sorghum mixed with the beaten egg, beat well. Add the sifted dry ingredients, milk and vanilla. Drop by teaspoons onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375°-400°F.). Remove from sheet while hot.

Gingerbread

3 cups sifted flour	1/2 teaspoon cinnamon
3/4 teaspoon soda	2 eggs, beaten
2 teaspoons baking powder	1/2 cup milk
1/2 teaspoon salt	1/2 cup fat, melted
1 teaspoon ginger	1-1/2 cups sorghum
1/2 teaspoon cloves	

Sift the dry ingredients together. Combine the beaten eggs, milk and melted fat and add this mixture to the dry ingredients; stirring in the sorghum last. Bake in shallow pans in a moderate oven (350°F.) for 30 to 40 minutes, or in muffin pans in a hot oven (400°F.) for 20 to 25 minutes.

One-half cup of sour milk and 1 teaspoon of soda may replace the sweet milk and soda in the recipe.

Corn Meal Gingerbread

1 cup finely ground corn meal	1/2 teaspoon cinnamon
1 cup sifted flour	1/2 teaspoon cloves
1/2 teaspoon salt	3/4 cup milk
1/2 teaspoon soda	1/4 cup fat, melted
3 teaspoons baking powder	1 egg beaten
2 teaspoons ginger	1 cup sorghum

Sift together the dry ingredients. Add the milk, melted fat, beaten egg and sorghum. Stir well. Bake in two shallow pans in a moderate oven (350°F.) for 30 to 40 minutes.

Three-fourths cup of sour milk may replace the sweet milk. In that case use 3/4 teaspoon of soda and 2 teaspoons baking powder.

Corn Meal Cup Cakes

1 cup finely ground corn meal	1/3 cup milk
1/2 cup sifted flour	1/4 cup melted fat
3 teaspoons baking powder	1/3 cup sorghum
1/2 teaspoon salt	1 cup raisins, chopped
2 eggs, beaten	

Sift the dry ingredients together. Combine the beaten eggs and the milk and add with the sorghum and raisins to the dry ingredients. Mix well and bake in greased muffin pans in a moderately hot oven (375°F.) for 20 to 25 minutes. Serve hot.

Plain Cake

3 cups sifted soft-wheat flour	2/3 cup milk
3 teaspoons baking powder	1/4 cup fat, melted
1/4 teaspoon soda	1 teaspoon vanilla
1/4 teaspoon salt	1 cup sorghum
1 egg, beaten	

Sift the dry ingredients together. Combine the beaten egg, milk, melted fat and flavoring; add to sifted dry ingredients and beat well. Add the sorghum, mixing thoroughly, into the batter. Pour into a greased pan and for a thin loaf, bake in a moderate oven (365°F.) for about 25 minutes. As cup cakes bake in a moderately hot oven (375°F.) for about 20 minutes.

Variation: To make a Spice Cake sift 1-1/2 teaspoons cinnamon, 1/2 teaspoon nutmeg, and 1/4 teaspoon cloves with the dry ingredients.

Ginger Snaps

1 cup sorghum	3-1/4 cups sifted flour
1/2 cup fat	1 to 2 tablespoons ginger
1/2 teaspoon soda	1-1/2 teaspoons salt

Heat the sorghum and fat until the fat is just melted and add to the sifted dry ingredients. Mix well, cool until the dough can be molded into a roll. Wrap in waxed paper and put in a cold place to chill for several hours or overnight. The dough must be cold through and through to cup properly. When ready to bake, cut the roll into very thin slices with a sharp knife and bake in a moderate oven (350°F.) until lightly browned. Remove from the pan while hot. Store the snaps in a tightly closed container, so that they will retain their crispness.

Corn Meal Cookies

1-1/4 cups sorghum	3 teaspoons baking powder
1/2 cup fat	3/4 teaspoon soda
1 egg beaten	1/2 teaspoon cinnamon
1/4 cup milk	1/2 teaspoon ginger
1-1/2 cups finely ground corn meal	1/2 teaspoon salt
2 cups sifted flour	

Heat the sorghum and fat until the fat is just melted and add to the mixture of beaten egg and milk. Sift together the dry ingredients and add the liquid mixture. Stir well. Drop by spoonfuls onto a greased baking sheet and bake in a moderate oven (350°F.) until light brown. Remove from the sheet while hot.

Rolled Oats Cookies

1/2 cup fat	1/2 teaspoon soda
1 cup sorghum	1/4 cup milk
1 egg, beaten	1-1/2 cups rolled oats
1-1/2 cups sifted flour	1/2 cup chopped peanuts
1/2 teaspoon salt	1 cup seeded raisins
2 teaspoons cinnamon	

Cream the fat and add the sorghum mixed with the beaten egg. Sift together the dry ingredients, except the rolled oats, and add with the milk to the first mixture. Add the rolled oats, nuts and raisins. Mix well. Drop by spoonfuls onto a greased baking sheet. Bake to a golden brown in a moderately hot oven (375°-400°F.). Remove from the sheet while hot.

Steamed Apricot Pudding

1/2 pound dried apricots	1/2 cup milk
1/2 cup water	1-1/2 cups sifted flour
1/4 cup fat	2 teaspoons baking powder
1/2 cup sorghum	1/8 teaspoon soda
1 egg, beaten	1/4 teaspoon salt

Wash the apricots, chop fine and soak in the water until all the water is absorbed. Cream the fat, add the sorghum mixed with the beaten egg, then add this mixture alternately with the milk to the sifted dry ingredients. Add the apricots and beat well. Pour into a well-greased mold. Cover lightly and steam for 2 hours. Serve hot or cold with sauce, milk or cream.

Rice Pudding

1-1/2 cups cooked rice	1/4 teaspoon soda
1-1/2 cups milk	Pinch of salt
1 egg, beaten	Pinch of nutmeg
1/2 cup sorghum	1/2 cup raisins, chopped

Heat the rice and milk in the top of a double boiler. Beat the egg, add the sorghum into which the soda has been stirred, salt and nutmeg. Stir in about 1/2 cup of the hot milk-rice mixture, then add to that remaining in the double boiler. Add raisins and cook 3 to 5 minutes or until thickened. Serve hot or cold.

Rice Cream Pudding

1/3 cup rice	1/4 teaspoon soda
1/2 cup water	1/2 cup sorghum
1-1/2 cups milk	1/2 cup chopped prunes,
3/4 teaspoon salt	or raisins

Wash the rice and soak for 1/2 hour in the water and milk. Add the salt and bring to boiling over direct heat. Then cook in a covered double boiler for 40 minutes or until the rice is soft and the mixture is thick. Stir the soda into the sorghum, add to the mixture, then add the dried fruit.

Oats Pudding

2 cups milk or water	Pinch of soda
1 cup rolled oats	1/2 cup raisins, chopped
1/3 cup sorghum	1/4 teaspoon salt

Scald the milk, add the rolled oats slowly, cook for 5 minutes, stirring constantly. Remove from the fire, add the sorghum, with which the soda has been mixed, then the raisins and salt and mix well. Pour into a dish and allow to cool and set before serving.

Indian Pudding

2 cups milk	3 tablespoons sorghum
3 tablespoons corn meal	1/4 teaspoon ginger
1/2 teaspoon salt	

Cook the milk, corn meal and salt in a double boiler for 20 minutes. Stir in the sorghum and ginger, pour into a greased baking dish and bake in a very moderate oven (300°F.) for about 2 hours. Serve hot or cold with milk or cream.

Bread Pudding

1/4 teaspoon soda	1 tablespoon melted fat
1/2 cup sorghum	1 teaspoon cinnamon
1 egg, beaten	1/4 teaspoon nutmeg
2 cups milk	1/8 teaspoon salt
1-1/2 cups bread crumbs	1/2 cup chopped raisins

Stir the soda into the sorghum until well mixed, add the beaten egg and milk and pour over the bread crumbs. Stir in the remaining ingredients. Pour into a greased baking dish, and set in a pan of water and bake in a moderate oven (350°F.) until firm.

Baked Oats Pudding

1/2 cup raisins, chopped	1/4 teaspoon salt
1 cup rolled oats	1/2 teaspoon cinnamon
2 cups milk	1 egg, beaten
1/4 teaspoon soda	1 teaspoon vanilla
1/2 cup sorghum	2 tablespoons fat, melted

Add the raisins to the rolled oats, stir in the milk and allow to stand 10 minutes. Stir the soda into the sorghum, then add with remaining ingredients to the first mixture. Pour into a greased baking dish and set in a pan of water in a moderate oven (350°F.) for about 1 hour.

Or, 2 cups cooked rolled oats may be used. Reduce the milk to 1-1/2 cups, the sorghum to 1/4 cup and use a pinch of soda. Scald the milk and pour over the rolled oats before adding remaining ingredients.

Cornstarch Pudding

3 tablespoons cornstarch	3/4 tablespoons sorghum
1/8 teaspoon salt	1 teaspoon vanilla
2 cups milk	

Mix the cornstarch and salt with 1/2 cup of cold milk. Scald the remainder of the milk in the top of a double boiler. Add the cornstarch mixture to the scalded milk, let boil until thick and smooth, stirring constantly. Cover and cook in a double boiler for 20 minutes. Just before taking from the fire add the sorghum and vanilla, stir and pour into molds and allow to cool before unmolding.